

We claim:

1. A method for producing a blunted glycemic response in a diabetic patient comprising administering to said diabetic patient at least one slowly digesting carbohydrate selected from the group consisting of pullulan, in which said pullulan is administered from 1 to about 150 gm of pullulan per day.
2. The method according to claim 1 in which said pullulan is incorporated into foods designed for diabetics selected from the group consisting of beverages and solids.
3. The method according to claim 1 in which said pullulan is administered as a single entity selected from the group consisting of powder, pills, capsules, rapidly dissolved tablets and lozenges.
4. A method for assisting a diabetic patient with managing their blood glucose levels comprising administering to said diabetic patient at least one slowly digesting carbohydrate selected from the group consisting of pullulan, in which said pullulan is administered from 1 to about 150 gm of pullulan per day.
5. A method for providing for the prolonged release of glucose comprising administering to said diabetic patient at least one slowly digesting carbohydrate selected from the group consisting of pullulan, in which said pullulan is administered from 1 to about 150 gm of pullulan per day.
6. A method for producing satiety in a human comprising administering to said human at least one slowly digesting carbohydrate selected from the group consisting of pullulan, in which said pullulan is administered from 1 to about 150 gm of pullulan per day.
7. A method for assisting a human in a weight loss program comprising administering to said human at least one slowly digesting carbohydrate selected from the group consisting of pullulan, in which said pullulan is administered from 1 to about 150 gm of pullulan per day.
8. A method for promoting weight loss in a human comprising administering to said human at least one slowly digesting carbohydrate selected from the group consisting of pullulan, in which said pullulan is administered from 1 to about 150 gm of pullulan per day.
9. The method according to claim 8 in which said pullulan is incorporated into foods designed for weight loss selected from the group consisting of beverages and solids.

10. The method according to claim 8 in which said pullulan is administered as a single entity selected from the group consisting of powder, pills, capsules, rapidly dissolved tablets and lozenges.
- 5 11. A method for preventing hypoglycemia in a diabetic comprising administering to said diabetic patient at least one slowly digesting carbohydrate selected from the group consisting of pullulan, in which said pullulan is administered from 1 to about 150 gm of pullulan per day.

10